



STONE GROUND BAKERY, INC.
EUROPEAN BERRY WHEAT

Nutrition Facts			
Serving Size:		1.8 ounce (52g)	
Amount per Serving			
Calories:	170	Calories from fat:	5
		% Daily Value*	
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	290mg		12%
Total Carbohydrate	36g		12%
Dietary Fiber	4g		16%
Sugars	6g		
Protein	6g		
Vitamin A	0%	Vitamin C	6%
Calcium	6%	Iron	10%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	less than	65g	80g
Saturated Fat	less than	20g	25g
Cholesterol	less than	300mg	300mg
Sodium	less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Carbohydrates	4	Fat	9
		Protein	4

INGREDIENTS: Whole Wheat Flour, Honey, Cracked Wheat, Yeast, Salt.